

THE GREATEST SHOWMAN

The Greatest Showman Dance Workshop

Date: Tuesday 26th May

Time: 3.30pm - 5.30pm

Price: £11.50

Suitable for: 4 - 9-year-olds

Step into the spotlight with our Greatest Showman inspired Dance Workshop!

Children will enjoy an exciting dance workshop led by the amazing Amy Addle Team, learning a high-energy routine.

Parents are invited to return 10 minutes before the end of the session to watch their children perform what they've learned and celebrate their hard work.

Please ensure your child brings a drink and a snack to keep their energy levels up throughout the workshop.

Junior Gym Sessions

Supervised sessions for 11 - 14-year-olds

Date: Every day throughout the school holidays

Time: 11.00am - 12.00pm and 3.30pm - 4.30pm

Price: £4.80 per session

Suitable for: 11 - 14-year-olds

Children aged 11 - 14 may also attend at other times when accompanied by a paying, supervising parent or guardian.

Please get in touch to arrange an induction prior to your first visit.



To get our app, scan the QR code

Bank Holiday Gym Opening Times

Date: Monday 25th May

Time: 7.00am - 7.30pm

Bank Holiday Class Times

Please check our app for timetable changes on Bank Holiday Monday.

Terms and Conditions

For terms and conditions, please visit our website:

www.myactivelifestyles.co.uk

- Children under eight years of age must be accompanied by a paying adult in the water.
- Please ask about our admission policy if you intend to take more than one child into the pool.
- On busy sessions, we guarantee a minimum of 45 minutes in the pool unless otherwise stated.
- The management team reserve the right to amend or cancel the programme at any time.
- Please note that non/weak swimmers cannot make use of the deep end of the swimming pool under any circumstances. This may affect the use of certain inflatables during inflatable fun.
- The car park in front of the building is free for up to three hours, and the car park at Sainsbury's is free for up to two hours.

Active Lifestyles
Dursley

STROUD DISTRICT COUNCIL

01453 546441

dursley@myactivelifestyles.co.uk

Castle Street, Dursley GL11 4BS

Active Lifestyles
Dursley

Monday
25th May -
Sunday
31st May

MAY HALF TERM

@DURSLEY



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May Half Term - Swimming Pool Timetable

Monday 25 May (Bank Holiday)

7.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Adult and Child Swim Lessons
10.00am - 10.45am	Aqua Zumba Exercise Class
10.45am - 11.30am	Parent & Toddler Swim Session
10.50am - 11.20am	Beginners Water Fitness
11.30am - 12.15pm	Lane Swimming (D area unavailable)
11.30am - 1.00pm	Adult and Child Swim Lessons
12.15pm - 1.40pm	Public Swimming (D area unavailable until 1.00pm)
1.50pm - 3.25pm	Aqua Glide Inflatable Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons
6.35pm - 7.30pm	Lane Swimming

Tuesday 26 May

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Adult and Child Swim Lessons
9.30am - 10.15am	Public Swimming
10.15am - 11.10am	Disabled Swim
11.15am - 12.00pm	Aqua Stretch Exercise Class
12.00pm - 1.40pm	Public Swimming (D area unavailable 12.00pm - 1.30pm)
12.00pm - 1.30pm	Adult and Child Swim Lessons
1.50pm - 3.25pm	Exterminator Inflatable Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm)
3.40pm - 6.30pm	Junior Swimming Lessons
6.00pm - 7.00pm	Public Swimming (D area unavailable until 6.30pm)
7.00pm - 7.45pm	Aqua Dance Exercise Class
7.50pm - 8.35pm	Ladies Only Swimming Session
8.40pm - 9.25pm	Lane Swimming

Wednesday 27 May

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Adult and Child Swim Lessons
9.30am - 10.30am	Public Swimming
10.30am - 11.15am	Parent & Toddler Swim Session
10.45am - 11.30am	Aqua Tone Exercise Class
11.30am - 1.30pm	Adult and Child Swim Lessons
12.30pm - 1.40pm	Public Swimming (D area unavailable 12.30pm - 1.30pm)
1.50pm - 3.25pm	Slippery Slide Inflatable Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm)
3.40pm - 6.25pm	Junior Swimming Lessons
6.30pm - 7.15pm	Aqua Tone Exercise Class
6.30pm - 8.15pm	Public Swimming (Shallow end only until 7.15pm)
8.15pm - 9.00pm	Lane Swimming



Thursday 28 May

6.00am - 9.00am	Lane Swimming
9.00am - 10.00am	Adult and Child Swim Lessons
10.00am - 10.45am	Aqua Stretch Exercise Class
10.45am - 1.40pm	Public Swimming (D area unavailable 12.00pm - 1.30pm)
12.00pm - 1.30pm	Adult and Child Swim Lessons
1.50pm - 3.25pm	Exterminator Inflatable Fun (2 x 45 minute sessions starting at 1.50pm and 2.40pm)
3.40pm - 6.25pm	Junior Swimming Lessons
6.30pm - 7.45pm	Public Swimming
7.45pm - 8.30pm	Lane Swimming
8.30pm - 9.15pm	Swimfit

Friday 29 May

6.00am - 9.00am	Lane Swimming
9.00am - 9.30am	Adult and Child Swim Lessons
9.30am - 11.00am	Public Swimming (1 lane unavailable)
11.00am - 11.45am	Aqua Tone Exercise Class
11.15am - 12.00pm	Parent & Toddler Swim Session
12.00pm - 1.30pm	Adult and Child Swim Lessons
12.00pm - 1.30pm	Public Swimming (D area unavailable 12.00pm - 1.30pm)
1.40pm - 2.25pm	Splat and Stepping Stones Inflatable Fun
2.30pm - 3.00pm	Adult Swimming Lessons
3.00pm - 3.35pm	Public Swimming (1 lane unavailable)
3.40pm - 5.35pm	Junior Swimming Lessons
5.45pm - 6.30pm	Aqua Stretch Exercise Class
6.35pm - 9.05pm	Dursley Dolphins Swimming Club

Saturday 30 May

8.00am - 9.00am	Junior Lifesaving Club
8.25am - 10.40am	Junior Swimming Lessons
10.45am - 1.40pm	Public Swimming
1.45pm - 3.20pm	Inflatable Fun (2 x 45 minute sessions starting at 1.45pm and 2.35pm)
3.30pm - 8.00pm	Closed for Private Parties

Sunday 31 May

7.00am - 7.45am	Lane Swimming
7.50am - 8.55am	Public Swimming
8.25am - 11.15am	Junior Swimming Lessons
10.45am - 3.55pm	Public Swimming (D area unavailable until 11.15am)
4.00pm - 6.15pm	Junior Swimming Lessons
6.20pm - 7.05pm	Lane Swimming
7.05pm - 8.05pm	DRC Tri Club

Monday
25th May -
Sunday
31st May

Swim Clinic

Date: Friday 29th May
Time: 8.15am - 3.30pm
Price: £25.00
Suitable for: Stage 6 + swimmers

Join us for a full day of fitness, skill development and wellbeing!

Children will take part in a variety of activities throughout the day, including swimming technique sessions, circuit training, indoor cycling and a relaxing yoga session.

Please ensure your child brings swimwear and gym clothes, along with a packed lunch, drinks, and plenty of snacks to stay fuelled. There will be multiple swimming sessions, so an extra towel is recommended.



Friday Kids Club

Date: Friday 29th May Time: 3.30pm - 5.30pm
Price: £11.50 Suitable for: 4 - 8-year-olds
Celebrate **National Puzzle Day** with a fun team challenge!



Children will work together to solve riddles and unlock an exciting soft play session. The session also includes learning about origami and creating their very own jigsaw puzzle.

Private Tuition

Date: Monday 25th May - Friday 29th May
Time: 8.00am - 8.30am or 8.30am - 9.00am
Price: £18.50

Suitable for: Anyone looking for 1:1 support to build swimming confidence or improve technique.

Enjoy a 30 minute personal swimming lesson in the morning, leaving the rest of the day free for half-term fun.

Book five sessions to receive a discounted rate.



Key to Swimming Pool Timetable

■ Booking advised ■ Just turn up

*we advise booking in advance for all Aqua Classes to avoid disappointment.

